

**March Teaching Theme: Life Rhythms (Lent)**

讲员 Speaker: Pastor Linghui Peter Tian

题目 Topic: "Finding Rest in Christ" (在基督里得享安息)

经文 Scripture: Matthew 11:25-30

**Monthly Theme:** As we continue Lent season for much of the global church, it is worth us pausing to reflect upon our life rhythms. Is the way we go about life, healthy and biblical or is it shaped by something else? This month we are going to look at three major theologies of our life rhythms - Work, Rest, and Worship - all leading up to Palm Sunday on March 28th. Last week Pastor Will took a look at a Theology of Work, examining what it looks like to be the "Best Workers." How should the Christian view and go about their "work"? This week, Pastor Tian examined a theology of rest pointing us to setting Sabbath patterns of rest and finding our ultimate rest in King Jesus.

**三月 March - 生命旋律 Life's Rhythms (四旬期 Lent)**

March 7th – 職場神學 A Theology of Work (聖經神學部分 Biblical Theology Piece) (四旬期 Lent)

March 14th – 安息神學 A Theology of Rest (創世紀 Genesis 2, 出埃及記 Exodus 31:14-17, 詩篇 Psalm 95, 馬太福音 Matthew 11:28-30, & 希伯來書 Hebrew 3:7-4:13) (四旬期 Lent)

March 21st – 讚美神學 A Theology of Worship (羅馬書 Romans 12:1-2) (四旬期 Lent)

March 28th – 受難日 The Crucifixion (棕枝主日 Palm Sunday)

**Resources:**

[Sermon Video](#)

[Sermon Slides](#)

**Video:** [Sabbath](#) (The Bible Project) [5:26]

\*\*Chinese Subtitle Available\*\*

**Discussion Questions (Pastor Tian):**

- (1) Read Matthew 11:28-12:14 together. What observations do you make and what stands out to you? How would you summarize the passage?
- (2) 透过“父啊，天地的主，我感谢你”这句话，我们从耶稣的身上学到了什么？什么是真正的安息？Through the phrase "Father, Lord of Heaven and Earth, I Thank You", what have we learned from Jesus? What is true rest?
- (3) 在现实生活中，人们愁苦、重担和压力的原因是什么？In real life, what are the reasons for people's distress, burden, and pressure?
- (4) 为什么耶稣是“安息”的源头？Why is Jesus the source of "rest"?
- (5) 如何才能得到在基督里的安息？在现实生活中，你是否经历过在基督里的安息？How can we get rest in Christ? In real life, have you experienced rest in Christ?

**Important Notes (Pastor William R. Horne):**

Notes on Matthew 11:28-12:14:

- Jesus was not doing away with the concept of Sabbath; rather, he was defining what it truly meant. The purpose of the Sabbath was mercy and harmony or wholeness, not legalism. Thus our Sabbath practices should be characterized by things that bring us joy, relief, and rest - focusing us back on who God is and who we are.
- Though there is a lot of freedom in how Sabbath rest looks for each of us and for each community, it is best practiced by blocking out 24 hours of full rest without the pressures of performance, productivity, or work. It could be helpful to talk with your family and see if there is a way you all can strategize a family Sabbath weekly. Remember, everything is better in community (even if community sometimes makes things more difficult).
- Most modern English readers hear “yoke” and think of an egg yolk. Make sure they understand that a “yoke” is traditionally a wooden beam that puts two oxen together to maximize their power output in pulling a plow. Here is a [picture](#) :) This helps us understand the picture Jesus is painting, that we can share our burdens with Jesus, who will make the “work” of life, light.

#### *Why should we practice keeping a Sabbath day?*

- The interruption of Sabbath, calls us to not fall to the idolatry of “worshiping the creature rather than the Creator,” as Paul tells us in Romans 1. Our identity is not found in what we produce or the achievements we accomplish but in Christ alone, who is our provider. When we stop to appropriately rest, we re-centering our identity where it needs to be - trust in God and not in our own efforts. God is our provider, the source of our life, and where we find our true identity. (Read the story in Exodus 16:1-36 where Israel observed its first Sabbath in the wilderness where food and resources were scarce. In their taking a Sabbath rest, they were placing their trust in God as their provider.)
- Practicing regular Sabbath rest, in a world of endless work, is also an act of faith that points others to our Ultimate Rest to come when King Jesus returns. Like so much of the Christian life, we are empowered through the Holy Spirit to make spaces that give us a “glimpse of heaven on earth.” Practicing Sabbath similarly gives us that glimpse of how things are supposed to be and will be when we experience rest instead of weariness. (Remember the work of Culture-Making will still exist in the New Heaven and the New Earth, but it will be characterized by “rest”).
- *Bonus:* Multiple studies have shown that those who take Sabbath rest and operate by a healthy work-rest pattern, have increased production in their work. This isn't why we practice Sabbath but a little added bonus we receive with it.

#### **Sermon Summary (Elder Yin):**

在基督里得享安息

田传道, 3/14

“那时，耶稣说：「父啊，天地的主，我感谢你！因为你将这些事向聪明通达人就藏起来，向婴孩就显出来。父啊，是的，因为你的美意本是如此。一切所有的，都是我父交付我的；除了父，没有人知道子；除了子和子所愿意指示的，没有人知道父。凡劳苦担重担的人可以到我这里来，我就使你们得安息。我心里柔和谦卑，你们当负我的轭，学我的样式；这样，你们心里就必得享安息。因为我的轭是容易的，我的担子是轻省的。」”

## 马太福音 11:25-30

这世界人很忙，怕不努力被落后，科技带来很多方便，但现在人比以前更忙，神旨意要我们晚上和周六休息，忙使我们化少时间和神和家人朋友。人与人之间关系变淡了。有没有当有需要时不知问谁帮助。神教导我们要休息，纪念安息日成为圣日。懂得安息，什么是安息？安息和信仰？

### 一，理解安息的真实含义，

太11：3 约翰觉得耶稣来审判，“问他说：「那将要来的是你吗？还是我们等候别人呢？」”。但v5，“就是瞎子看见，瘸子行走，长大麻风的洁净，聋子听见，死人复活，穷人有福音传给他们。”耶稣他来为了病，贫穷的，而不是审判。约翰不知道耶稣的身份。但那时没人要听耶稣的话，太11：17，没有要听耶稣的道，只关心自己的益处，

在太11:20，行异能和那些人终不悔改。耶稣说这些百性得到比所多马人有更多的恩典。这些人虽得恩典但总不悔改，审判时也依得恩典而没反应也是罪。

虽然在那时没人听耶稣，表面上看，事工很不顺利，但耶稣的祷告是，主啊我感谢你，没有被环境影响。因为和父神相连。

什么是安息？安息是在困境中有平安，感谢。安息本意：停止，休息，享受与上帝的同在

白天工作，晚上停下来，安息又指休息，神命令要守安息日成圣日，圣日是生命和灵命的休息，不指什么都不做，而是在神里面和神连接。安息也有享受神的同在。耶稣见逆境中没放弃而是忠心于神，真安息是在困境中在神中得平安。

### 二，安息的源头-耶稣基督

太11：27“一切所有的，都是我父交付我的；除了父，没有人知道子；除了子和子所愿意指示的，没有人知道父。”

遵神旨意，就和神有好关系。强调安息，且更重要和主的关系。来到主面前的就能得休息，就和神有好的关系。现在经十字架，我们每一位都能和神有关系。

来4：9-11：“这样看来，必另有一安息日的安息为神的子民存留。因为那进入安息的，乃是歇了自己的工，正如神歇了他的工一样。所以，我们务必竭力进入那安息，免得有人学那不信从的样子跌倒了。”

以色列人不跟神就得不到安息，而进不了迦南地。所以信耶稣是能带我们与神同在。这种安息就是十字架下的安息。真的安息是和神同在。这安息每一个接受耶稣的都能得。

### 三，在基督里得享安息

所有有担子的信徒。很多人觉得从出生到死亡，充满着压力，3岁开始，考大学，找工作压力，50-70养儿到老。面对压力，我们想如何解决压力。人面对压力就自我保护。封闭自己，也得不到安息。有人就寻求活在虚拟的世界中。和手机交流，甚至在家人吃饭时。有人通过游戏找安息，有些寻毒品，性，狂欢来忘记现实的世界，这同样也得不到安息。

最好的办法就是来到主的面前，凡劳苦担重担的，“凡”指所有接受主的人，如你是贫穷，耶稣生在马槽，比你更贫穷，你被离弃，耶稣更是，你的苦难，耶稣都经历过，祂能理解你的苦难。如果你富有，耶稣是创造财富的神，你再有荣耀，你的荣耀比不过神，“凡”又指所以有困难的人，来到耶稣的面前，就是指来到神的话语中，参与祷告会，参与教会学习圣经，大家一起走，走得有力且走得远。

结语

神没答应在这世界上一切美好当神答应我在祂里面有美好。在神的话语中真得安息。

Find Rest in Christ

Peter Tian

Mathew 11:25-30

“At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.

“All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.””

Matthew 11:25-30 NIV

Our current busy life, w/ work, children, family etc

Past 100 year, tremendous technology, shorten our time spending in the travel, working projects, but why today people are busier than the old era?

God's will, rest in the 7th day, work in the day rest at night

So busy , we also sacrifice our time with our lord

And human relationships are weaken

Psalms 46:10 be still and know that I am God

Exodus 20:8 remember the sabbath day by keeping it holy

God wants us to know how to rest

1. Understand the true meaning of “rest”

The “then” in Matt 11:25 was when John the Baptist, doubted the identity of Jesus

Even when he saw w his own eyes, the spirit fell on Jesus, and heard God say “this is my son”?

He thought Jesus came to judge the world w fire, instead he healed the sick and the good news proclaimed to the poor

For the same reason, the world rejected Jesus

They only cared about their own benefits, not the kingdom news

If the miracles Jesus performed, were to people in Sodom and Gomorrah, they would have repented

People received so much blessings, yet didn't respond to the grace; neither repent

Yet, Jesus still praise Father in heaven.

Can you still praise God when facing adversity? Impact by the negative situation?

Rest=Thankfulness, peace and hope in God, regardless of situation

Rest:

1)be still, rest our body and mind; work in the day time, rest in the night time

2)Rest, sabbath day is holy day, a day gives to the lord. Not just physical body, but spiritual body. Today is Sunday, the lord's day, the resurrection day

3) Enjoy God's presence. True rest comes only with the Lord. Not change w environment and situation. True rest also has challenge, with difficulty, yet overcome because of the presence of god in us

2. the source of rest—Jesus Christ

Mat 11:27-30

Come to me who are weary and burdened, I will give you rest.

Emphasized the relationship with god the father. The condition of true rest is to know god

All can access God because of Jesus's work accomplished on the cross

Hebrews 3 and 4. Israelites didn't enter rest, failed in the wilderness because they didn't have faith.

Another sabbath rest, is the rest blessed by God, rest under the cross

Through Jesus sacrifice on the cross, He opened a path, the only way, for us to have the true rest

The rest is available to all believers

3. Finding rest in Christ

How to get the rest?

Come to the lord!

All our burdens— marriage, work, school, for every age group!

Under pressure, we turn to lock us up, behind the closed anti theft door.

Some escape to virtual world

We talk/communicate more and more w our phones, through social media

Come to Jesus, instead! Unload your burden to Jesus. Son of man had experienced all the hardships when he was in the world, he knows you!

And he is the maker of heaven and earth, all glory of creation is his. He is able, omnipresent and omnipotent.

So come to Jesus, come to his words

15' a day read his word, to meet him in his words, in prayers

Join church prayer meeting, group have more power and move faster

Summary

He doesn't promise, no burden in our life; but he offers help, available to all who seeks him.

True rest in Christ